

LCN Mission Statement: The Mission of the Monroe Institute Local Chapter Network is to establish independent local communities that will provide continuing support for program graduates as they endeavor to integrate their TMI experience into their daily lives and continue their exploration of consciousness and personal growth. The Local Chapter Network will also provide a point of contact for others wishing to learn more about TMI and its programs.

NEWS FROM TMI

by Nancy McMoneagle

President & Executive Director

Greetings from TMI!

A delicious Spring has lifted us out of the winter chill. The Monroe Institute is enjoying the sweet gifts from Mother Nature that you must see for yourself! The roads and rolling hills are lined with dogwoods in bloom, red buds, Bradford pear trees, daffodils, and so many other beautiful species. It's a breathtaking sight. No wonder Bob loved Virginia. It is indeed the perfect place for exploring our human consciousness in a natural setting.

NEW PROGRAMS. There is quite a bit of news to share with you. We have new programs this year, starting with a weekend program, "Accessing Inner Guidance," designed and trained by Frank DeMarco and Bob Holbrook. This program uses TMI's SAM technology and teaches techniques to develop a practical and reliable connection to the vast field of information available for us to access and use at all times.

By popular demand we're offering a 5-day/6-night version of Dr. Larry Burk's and medical intuitive Winter Robinson's "Medical Intuition & Symbolic Dis-eases" program, and a newly revised "Event Horizon" program. For those of you wondering about Tom Campbell's "MBT" program, he will be bringing it back to TMI in 2017!

We're also hosting the SAMVIT Wellness weekend course, "Sound Medicine," an experiential program designed for physicians, physician assistants, nurse practitioners, nurses, and other health care professionals interested in using

audio healing technologies with their patients. Of course, everyone with an interest in sound as a healing tool is welcome. This course offers CEU/CMEI credits, and is designed and trained by Brian Daily, MD, Sergey Sorin, MD, and Allyn Evans, MBA.

SPECIAL GUESTS: Speaking of healing, we were thrilled to welcome internationally known pain management expert Norman Shealy, MD, as our keynote presenter at the 2016 Professional Seminar last month. The seminar themed, "Healing, Consciousness and Technology," focused on methods, tools, and techniques for vibrant health and longevity. We were also honored to hear talks by Dean Radin, PhD, chief scientist of IONS, and Loyd Auerbach, paranormal researcher and

FIRSTS. We're getting rave reviews for our first e-book, Gateway to the Human Mind. The TMI Annual Report for 2015 is available on the TMI website and is a good recap of 2015. Look for a free Hemi-Sync® meditation that will be posted on the website in the near future.

PEOPLE IN THE NEWS. I am pleased to announce the appointment of three new Board of Directors members: Joseph Felser, PhD, Claude Swanson, PhD, and Cris Van Cleemput, MS. You can learn more about them on our website. TMI's director of research, Jim Lane, PhD, has resigned his position, though I'm happy to say he will still be active on TMI's Institutional Review Board (IRB). Jenny Whedbee, who joined TMI as our marketing coordinator, and Penny Harrison as our director of development & partnerships, are already making wonderful contributions to TMI. We sadly said goodbye to George Durrette, our longtime TMI family member/facilities and farm manager, who passed away in January due to a heart attack. George was a dear friend of Bob's and staff members for more than 40 years.

Thank you all for contributing to the LCN and for making it a vital

vehicle for gathering like-minded people together to discuss and/or experience consciousness-related matters. I especially acknowledge Tip Walker and Ellen Jones-Walker for doing such a grand job updating what is now the Third Edition of the Local Chapter Network Handbook.

chocolatier!

COLLABORATION: The Alliance for Global Consciousness (AGC) has launched, and will have its website up soon. The AGC is a network of organizations with similar goals and visions to TMI. We are in the midst of making plans for this prestigious group to further the exploration of human consciousness globally.



FROM THE EDITOR

Gregory Brown

Greetings to all of our friends and family from TMI and the outreach local chapters. Hard to believe it is already late spring of 2016. As the LCN Leadership Council has been considering a series of questions about local chapters and how they can best serve their communities, I've taken a bit of time to reflect on our local chapter a bit. We started the Las Vegas Chapter almost three years ago. We've grown a bit over time and enjoy welcoming new people to the binaural beat hemi-sync® technology as a sophisticated way to enhance the expansion of consciousness.

Participants universally describe a positive experience: either from the relaxation experience itself, the group sharing, or Alicia's handcrafted food that could usually feed double the people who sign up. Even so, the number of attendees can easily range from 2 to 12 depending on the week, with meetup group total membership numbers in the high thirties.



The challenge, for local group leaders is how to plan an infrastructure for that degree of variance of attendance. Life, of course, is busy for all of us, but I wonder what actually goes into the decision to attend an evening experience or not.

I can't say that I know the answer to that, as each potential attendee brings their own life complexities

to the choice. But, I do know what drives my wife and I to continue with leading the local group experience, though.

We find ourselves truly blessed to meet some wonderful consciousness explorers in our local group, and know that seeing them twice a month is a highlight of the month. Finding these fellow psychospiritual travelers has really been the most amazing byproduct of holding the group that exceeded any of our expectations. What special and wonderful people we've shared time with in this unique venue. And absent this group, there is little chance many of us would have ever met.

As the organization of TMI moves to test new online courses and online technology for the local chapter networks, it will be very interesting to observe the experiences of individuals who have never attended a live event, either at TMI or in a local chapter. Although it's great to make this available to so many in need who may have difficulty with travel, there remains a real missing component in losing the late night discussions and bonding that are part of the structure of a residential workshop.

We have found that just as with the local meetings, we attend residential workshops at TMI usually for the announced topic of the week. But we always find ourselves surrounded by friends, new and old, which make the actual experience so much more meaningful.

Our evolution into an ever more exotic digital age, even with the technology of consciousness exploration, provides a temptation towards isolation while having miraculous experiences.

But Joseph Campbell had it quite right when he described the Hero's Journey, or the MonoMyth: after the adventure where the hero is transformed by the journey, the final task is to reground the experience by bringing it back into the world. By sharing. By communicating. By grounding in journals, art creation, music. And one of the most deeply moving ways of bringing it back is to act as a beacon of light for others.



LOCAL CHAPTER NETWORK UPDATE

authored by Tip Walker on behalf of the LCN Leadership Council

At the beginning of each year the LCN Leadership Council contacts chapter leaders to collect information on when each chapter was created, the frequency of meetings, the number of members, and the average number of meeting attendees. We also ask chapter leaders to let us know to what extent they enjoy being chapter leaders. We thought our readers would be interested in what we learned.

Currently we have 63 chapters around the world. Thirty-eight of these chapters are in the U.S., and the remaining 25 are in other countries. We have local chapters in 22 U.S. states and in 16 countries. All local chapters combined have approximately 2500 people on their membership lists. On average, 550 people attend meetings regularly. Individual chapter meeting attendance ranges from 2-20 people with 6-10 being a fairly typical number. Many local chapter meetings are held in private homes, however, a significant number of chapter leaders rent space in which to conduct their meetings.

We have remained fairly stable in terms of the number of active local chapters and regular attendees. This year we learned that several chapters had disbanded for a variety of reasons, but in most cases those losses were offset by the formation of new chapters. This past year we saw the creation of chapters in Hillsborough (NJ), Charlottesville (VA), Orlando (FL), Los Angeles (CA), Szeged (Hungary), and Taipei (Taiwan).

The Leadership Council and Regional Coordinators do their best to stay in touch with local chapter leaders since

we know that without the leaders' dedication and commitment of time and effort, there would be no Local Chapter Network. While many chapter leaders continue to be enthusiastic and enjoy their responsibilities, we also find that some chapter leaders do get discouraged over time. The primary cause of that discouragement is poor meeting attendance. There are some extreme cases where a chapter leader has driven two or more hours one way to the meeting location, set up all the audio equipment, and provided snacks for the group and no one shows up. A critical piece to the success of local chapters is a commitment on the part of members to attend meetings on a fairly regular basis. If they are not able to attend, it is much appreciated when they let their chapter leader know in advance.

The LCN Leadership Council is currently looking into the possibility of creating virtual chapters as an option when a physical gathering is not feasible. Many people live in areas far removed from a local chapter. Other people may be hesitant to attend meetings because of poor driving conditions or health issues such as mobility challenges.

The details of how these meetings might take place are being explored, and a pilot project is in the works. The basic idea is that people would connect through an audio or video conference service. There are many free or relatively inexpensive options such as Skype, Google Hangouts, and

others. After a few minutes of conversation, the chapter leader would officially start the meeting. If the group has been reading a consciousness-related book such as Robert Monroe's *Journeys out of the Body*, the chapter leader could then guide a discussion. If the group wished to listen to a Hemi-Sync® or SAM™ audio exercise, the chapter leader would provide some background information such as the name, purpose, and general progression of the exercise. Chapter members would then suspend their audio/video conferencing session to go listen to the exercise. At the conclusion of the exercise, the group would log back onto the audio/video conferencing service to discuss their experiences.

The question naturally arises as to how members would access audio exercises.

There are a number of free downloads available through The Monroe Institute website. Another possibility is for members to pay a fee and download an exercise either through TMI or Monroe Products.

While there is an expense involved with this, it would be partially or completely offset by not having to pay for transportation to attend a meeting or make a donation towards meeting costs. Also, chapter members would have a copy of the exercise which they would own and could listen to anytime they wished.

Stay tuned as we begin to make virtual chapters a reality as a viable option. We hope that the virtual chapter option may result in the creation of additional chapters, increased attendance, and added vitality to the Local Chapter Network. Together there are no limits to what we can create.



SHARING SOUND AROUND THE WORLD: JOIN OUR TEAM

by Allyn Evans

Using Hemi-Sync® to Relax, Sleep Better and Heal Faster as Taught by Two MDs.

Join Dr. Brian Dailey and Dr. Sergey Sorin to experience this unique weekend course (July 28th-31st). Not only will you learn practical applications of Hemi-Sync, but you will also learn the science behind it.

Both doctors have used Hemi-Sync personally and professionally and have witnessed the benefits sound technology offers.

Dr. Sergey Sorin, co-founder of Samvit Wellness, observes: "As far as we know we are one of the first, if not the first, to obtain accreditation to offer continuing education units for medical professionals in sound healing technology."

Long-time Monroe Institute Professional Division Member, former Board of Directors Member and Advisory Board Member, Dr. Brian Dailey, also a co-founder, describes his treatment of a 21-year-old cancer patient: "Gretchen had received chemo the day before and was having a severe reaction to it. When I got there, she had been kneeling in front of the toilet for several hours, retching violently. She was weak, pale, and dehydrated. She was placed in bed, the headphones were slipped into place, and she listened to Chemotherapy Companion, a Hemi-Sync title specifically created to alleviate reactions to chemotherapy.

"Forty-five minutes later, Gretchen awoke and said, 'That was awesome!' She looked and felt much better. After one more brief episode of vomiting, she

reporting feeling fine. She ate lunch without difficulty, even though she had not eaten for twelve hours. The further good news is that she had little or no problem with chemotherapy after that."

Both doctors have found the use of sound combined with binaural beats helpful in many areas. The CME course designed by the doctors with the help of former Monroe Institute Residential Trainer, Allyn Evans, focuses on

managing pain, enhancing sleep, reducing anxiety and providing relief from treatments associated with individuals diagnosed with cancer.

One of the most frequent complaints heard by medical professionals is about sleep. The challenges

vary, but typically people have issues with either falling asleep, staying asleep or returning to sleep.

Typically, sleep occurs in 90 - 120 minute cycles. Earlier in the night we tend to spend more time in a deeper stage of sleep. As the night progresses, the amount of time spent in the Rapid Eye Movement (REM) stage of sleep is extended.

The stages of sleep correspond to our brain wave states. When we are starting to relax and prepare for sleeping, prior to falling asleep, we automatically experience an alpha state. Following this, stage one sleep is a lighter stage and is typically reflected by EEGs in the theta range. As we go deeper into sleep, stages two and three, we transition from high to low delta.

What has been discovered is that sound technology, such as Hemi-Sync, can support the brain wave states responding

to sleep, thereby improving sleep for individuals. Depending on the person, different sleep exercises might be beneficial, such as ones designed for deep relaxation to help someone fall asleep (*Energy Walk* or *Deep 10 Relaxation*). There are also exercises that can be played on a repeat cycle for most impact. The exercises are embedded with frequencies that help facilitate a delta-wave reaction to help maintain and deepen sleep (*Super Sleep*). A favorite exercise mentioned earlier *Catnapper*, is regularly used by the Samvit Wellness team to take one through a 90-minute sleep cycle in 30 minutes by supporting the brain wave activity corresponding to each part of the sleep cycle.

It is chronic pain that drives people to seek medical help and robs them of their productivity and wellbeing. Pain can be experienced differently by each person and is complicated to treat. We have no objective measures to tell us how much pain a person is in. It is a subjective experience, which may or may not correlate to physical or objective findings.

Dr. Dailey frequently uses a Hemi-Sync exercise to manage pain appropriately, titled: *Pain Management*. Here is a personal example of Dr. Dailey from a few winters ago: "I stepped onto my back porch to get some firewood. It had been snowing all day and we had several feet of snow and ice on the porch. I slipped on the ice and fell, taking the full weight of the fall on my right hip." He was certain he had fractured his hip because the pain was so intense and severe. Because he had used the pain management exercise numerous times before, he was able to recall and use the "encoding signal" practiced in the exercise. He explained: "I kept repeating 55515, which immediately and dramatically improved my pain."

Dr. Sorin states, "Our key motivation is to empower medical professionals and individuals by introducing them to techniques that complement their care.



We want the patient to be in the driver's seat and to feel in control of what is happening to them."

A recent experience shared by Dr. Sorin explains this concept: "This 12-year-old boy came in regularly because of his high levels of anxiety, which was being treated with medications and frequent trips to the emergency room. During one such visit, the boy was experiencing a full-blown panic attack. I pulled out an iPod loaded with Hemi-Sync and slipped the earbuds on his ears. As I did this, I also talked to him about breathing slowly and using other techniques to relax his body." The experience and information was life changing for the patient. He told Dr. Sorin and his family: "I got this!" Dr. Sorin said: "According to the patient, he learned first-hand that he did have control of his own mind and body. He was introduced to a tool (Hemi-Sync) he could use to counter panic attacks or anxiety. Our goal in helping others is to offer multiple and coordinated approaches with the intention of helping the patient be in the driver's seat and proactive when it comes to managing their lives."

Binaural beats can support the brain wave states conducive to healing, recovery, focus, concentration, relaxation, sleep, creativity and so much more. Combined with intention we have an inexpensive tool to achieve more than we have ever imagined.

Because there are so many useful applications, especially in healthcare, Samvit Wellness is continually developing more training programs, which include in-person and on-line workshops. This information is designed to help healthcare and wellness professionals enhance their care of patients and clients. Individuals can also benefit because they can learn more about the well-vetted complementary modalities available and ask their medical healthcare providers about alternatives or supplemental care.

Dr. Brian Dailey says, "The course is the first of its kind to provide accredited continuing education units for health care professionals in the use of sound healing

technology, but it's open to everyone who is interested, whether they're medical practitioners, therapists, body workers, health technicians, or anyone who wants to learn new ways to use Hemi-Sync to improve their health." Samvit Wellness educates health professionals, the consumer and the caregiver on how to integrate complementary and alternative medicine (CAM) and conventional care with the intention of optimizing people's health, vitality and quality of life.

In fact, Samvit Wellness is seeking experienced TMI outreach facilitators interested in taking the class as a training vehicle so they can in turn become certified to add this course to their list of workshop offerings. According to Allyn Evans, "As a former Outreach Facilitator and Outreach Trainer, I know how valuable it is to have more than a few courses to offer. I also know how difficult it is to market and fill seats. We are looking at this as a way to team up with 'sound experts' already out there. We will continually add more courses and help

and alternative medicine therapies, including sound technology and energy medicine, to enhance healing and overall well-being," says Allyn. "We're excited about the ways it can and does help people improve their quality of life and we're eager to work with more people in the TMI community."

Allyn Evans explains: "We are excited to be bringing this course to The Monroe Institute this summer and not only are we offering it to healthcare professionals and massage therapists seeking CEUs, we are also offering this course to individuals who have trained as Outreach Facilitators. Of course, anyone with an interest in the practical applications of Hemi-Sync is welcome to attend."

As a former Excursion and Outreach Trainer, Allyn understands the challenges of hosting workshops. She said: "Attending this course is one step in the accreditation process. Individuals who qualify to teach our courses will have support from our organization. It is our goal to help you secure locations and fill seats. If you are a trained Outreach facilitator, then you could be considered a sound expert and therefore could qualify to teach our program (s)."

Founded in 2013 Samvit Wellness offers workshops around the globe. The Samvit team has presented in such places as: Bali Indonesia, Puerto Rico, Europe, Grenada, South America and the UK.

According to Dr. Dailey: "We seek out well-vetted CAM therapies, which include sound technology and energy medicine to promote healing and general overall well-being."

To find out more about the course and whether you would qualify as a trainer, please email Allyn Evans (allyn@samvitwellness.org)

with marketing."

Founded in 2013 Samvit Wellness is a holistic, integrative medical organization formed by Dr. Dailey, Dr. Sorin and Allyn Evans. Samvit Wellness has presented workshops around the globe, including such places as: Europe, Puerto Rico, Grenada, South America and Indonesia.

"We promote well-vetted complementary



TMI Local Chapter Network

Anyone who has completed Gateway Voyage, the two-day Excursion Workshop, or Waves I & II of the online Gateway Experience is eligible to start a Local Chapter (LC). The Regional Coordinator in your area will help you with this process.

To get started email

tmlcnglobal@gmail.com

CCL: Certified Chapter Leader CL: Chapter Leader

Bold type: regional coordinators Regular type: local chapter network groups

International Regions:

International Region 1 – North America: regional coordinator: Beth Haley: bethhaley@gmail.com

Calgary, Canada: CCL Beth Haley

Vancouver BC, Canada: CL Carlie Trueman

Toronto, Canada: CCL Jason Cragg

Winnipeg, Canada: CCL Jason Cragg

International Region 2 – Latin America: regional coordinator: by region as below

Buenos Aires, Argentina: CL Martha Lobos: marthalobos77@gmail.com

Tlayacapan, Mexico: CCL Carmen Ramirez: car.ramirez@gmail.com

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San Juan, Puerto Rico: CCL Carmen Montonto: academiamc2@gmail.com

International Region 3 – Europe: regional coordinator: Thomas Hasenberger: ht@thomashasenberger.com

Cyprus: Linda Leblanc: psygnos@spidernet.com.cy

Denmark: Anja Lysholm: anja@uforklarbar.dk

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Korsor, Denmark: CCL Anja Lysholm

Cluj, Romania: CCL Petru Stetiu

Bucharest, Romania: CL Marilena Ionescu

Canary Islands, Spain: CCL Judith Schorring

Getafe, Spain: CCL Marisol Perez

Bucharest, Romania: CL Marilena Ionescu

Cluj, Romania: CCL Stetiu Petru Visarion

Carlisle, UK: CL Julia Rhodes

Bridgend, Wales, UK: CL Wayne Hay

Paris, France: CCL Nelly Jolivet

Athens, Greece: CCL Pitsouli Ioulia & Maria Xifara

International Region 4 - Japan: regional coordinator: Masamichi Sakamoto: massdl@pp.ij4u.or.jp

International Region 5 - Asia: China, Hong Kong, Taiwan: regional coordinator: Isao Kato: isaokato@gmail.com

Taipei, Taiwan: CCL Isao Kato

International Region 6 - Africa: no chapters

International Region 7 –Australia: Australia, New Zealand, Papua New Guinea, East Timor, Solomon Islands, Vanuatu, Fiji, New Caledonia, and

Indonesia: regional coordinator: Elaine Bowes-Lamb:

Perth, Australia: CCL Elaine Bowes-Lamb

International Region 8 –India: regional coordinator: by region as below

Kolkata, West Bengal: CCL Nikate Khaitan: nikatekhaitan@yahoo.co.in

Uttar Pradesh: CL Archana Khaitan: khaitanarchana1@gmail.com

United States Regions:

Region 1 – New England: regional coordinator: David Baird: dbaird@msn.com

Camden, ME: CCL CJ Kenna
Putnam, CT: CL David Baird

Region 2 – Northeast: regional coordinator: Steve Winchester: steviewinchester@gmail.com

New York, NY: CL Allison Moore
Philadelphia, PA: CL Robert Waas
Hillsborough, NJ: CL Gwen Connolley

Region 3 – Mid - Atlantic: regional coordinator: Ellen Jones-Walker: ejones@swva.net

McLean, VA: CCL Parvin Soltani Goldberg
Midlothian, VA: CL Joanne Einsmann
Floyd County, VA: CCL Ellen Jones-Walker & Tip Walker [will disband June, 2016]
Raleigh, NC: CCL Dawn Tobin
Charlottesville, VA: CL Jonathan (Jay) Bankert

Region 4 – Southeast: regional coordinator: Candie Sanderson: tmi.naples@gmail.com

Amelia Island, FL: CCL Don & Cindy Murphy
Boca Raton, FL: CL Yafi Yair
Naples, FL: CCL Tony Eller
Ocala, FL: CCL Jean McDoniels
Tampa Bay Area, FL: CCL Steve DerDerian
Orlando, FL: CL CAnn Hunt
Ft. Lauderdale, FL: CL Ana Fernandez

Region 5 – Upper Midwest: regional coordinator: Lisa Reber: lisareber@your-souls-journey.com

Appleton, WI: CCL Laurin Bellg [will relaunch later this year]
Cincinnati, OH: CCL Andrea Berger
Columbus, OH: CL Tom Wilson
Fond du Lac, WI: CL Lisa Reber & Linda Heimerman
Louisville, KY: CL Thomas Mooneagle
South Haven, MI: CL Marianne Brown
Detroit, MI: CL Shawn Zelmer
Chicago, IL: CL Millie Hreczany

Region 6 – Southwest: regional coordinator: Chris Nance: yeshua2000@yahoo.com

Austin, TX: CL Michael Minuto & CCL Bob Marshall
Dallas, TX: CL Luis Hernandez
San Antonio, TX: CCL Keith Gunnell
Tulsa, OK: CCL Liz & Steve Clark

Region 7 – Midwest: regional coordinator: Deryn Winchester: derynwinchester@gmail.com

No Chapters

Region 8 – Rocky Mountain: regional coordinator: Cindy Lyn Bartholome: cindylyn@ymail.com

Crawford, CO: CCL Cindy Lyn Bartholome
Fort Collins, CO: CL Pat Walker

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Phoenix, AZ: CCL Steve & Deryn Winchester
Tucson, AZ: CL Diane Waybright

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Beverly Hills, CA: CL Jeanne Mount
El Cajon, CA: CL Karen & Mark Hamlet
San Diego, CA: CL Fred Rible
South Bay Los Angeles, CA: CL Garrett Stevens

Submission Guidelines to the LCN Connections Newsletter

The TMI Local Chapter Network is here to serve and support each of you as you bring your experiences from programs into the world. We would be delighted to share experiences you find meaningful in your experiences with programs, Hemi-Sync®, or Spatial Angle Modulation™ (SAM) in the LCN Connections Newsletter. Just send your article to the editor with a brief statement giving permission for us to use it. Photos are also welcome in .jpg, .tiff, or .png format, but please enclose a signed release which includes signatures from all parties in the photograph.

We also may share information about your local workshops for the purpose of providing information. The LCN Connections Newsletter is not an advertising venue. Space limitations may prevent mentioning all local workshops.

The LCN Leadership Council and the Editor retain the right to edit any submitted material, either for content or for space considerations. Maximum article length 250 words.

Please submit all material to:
tmilcnglobal@gmail.com

Disclaimer: The views and content expressed in this newsletter are written by and compiled by volunteers of the Local Chapter Networks and do not necessarily reflect those of The Monroe Institute.

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TMI Program Schedule

Full details of the residential and weekend programs held in Virginia, across the United States and around the world may be reviewed at any time on the TMI website at the following website:

<http://www.monroeinstitute.org>

Human consciousness is evolving by awakening to the discovery of the True Self. All of us are participants in this amazing journey, the next great leap for humanity. As Bob said "We are more than our physical bodies." Our connection to the universe through nonphysical dimensions demonstrates the holographic matrix of timeless information. Our marvel at the wonder of an emerging perception of reality has been dormant inside us all along in preparation for our inner discovery.

